

We live in a time and age where information is just a button click away. Millennials want to know, read, understand and then speak or express their minds about it. Thus social media plays a pivotal role in our lives today. The power of social media is very high and has its effects on each individual. It is quite difficult to imagine our lives without social media today and we do pay price for its excessive use.

There is a lot of debate pertaining to the effects of social media on the society as a whole. To some, it is a boon, and to others, it is a curse.

Social media allows the social growth of a society and helps many businesses. It helps us to connect to the other people all over the world making easy and instant communication. It also renders tool like social media marketing that can reach out to a million of potential clients. We can easily access information and get news through social media. Further, social media is a great tool for creating awareness about any social cause. Employers can reach out to potential job seekers. It can help many individuals to have social growth and interaction with the world without any hitch. It can also help us to meet like-minded people.

Many psychiatrists believe that social media is a single most factor causing depression and anxiety in people. It is also one of the causes of poor mental growth of children. Excessive use of social media can lead to poor sleeping patterns. There are many other negative effects like cyber bullying, fake news, morphed images, social isolation etc. as well. There is an increased "*Fear of Missing Out*" (*FOMO*) at all time high in youth only because of social media.

We now have more virtual friends than real ones and we are losing human to human connection day by day. There are other damages as well like leaking of personal information to complete strangers, sex offenders etc.

Internet is one of the most beautiful and creative inventions of mankind. It has turned the whole world into a global village. But it should be used in a positive way only. Thus one must carefully assess the positives and negatives before engaging excessively in social media. We should not make any comment or remarks in social media that might hurt any caste, creed, religion and region of any beautiful and diversified part of this world.

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